



Self-Compassion for the Caregiver

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"Compassion is the antitoxin of the soul; where there is compassion even the most poisonous impulses remain relatively harmless."

Eric Hoffer

OBJECTIVES



What is Compassion Fatigue v. Compassion Satisfaction



The Professional Quality of Life Scale (ProQOL)



Personal Values – Your Personal Compass



Art of Self-Compassion



Learn to Be Present, Open Up, Do What Matters



Tips!



Being a Promoter of Self-Compassion





Compassion Satisfaction

The positive aspects of helping

- Pleasure and satisfaction derived from working in helping, care giving systems

May be related to

- Providing care
- To the system
- Work with colleagues
- Beliefs about self
- Altruism



Compassion Fatigue

The negative aspects of working in helping systems may be related to:

- Providing care
- The system
- Work with colleagues
- Beliefs about self

The negative aspects of helping experienced by caregivers of people and animals can lead to preoccupation with suffering of others and can lead to apathy, anger, depression, grief, and even substance use have occurred.

Burnout

**Work-related
trauma**





Burnout and STS: Co-Travelers

Burnout

- Work-related hopelessness and feelings of inefficacy -- feeling worn out

STS

- Work-related secondary exposure to extremely or traumatically stressful events -- feeling afraid

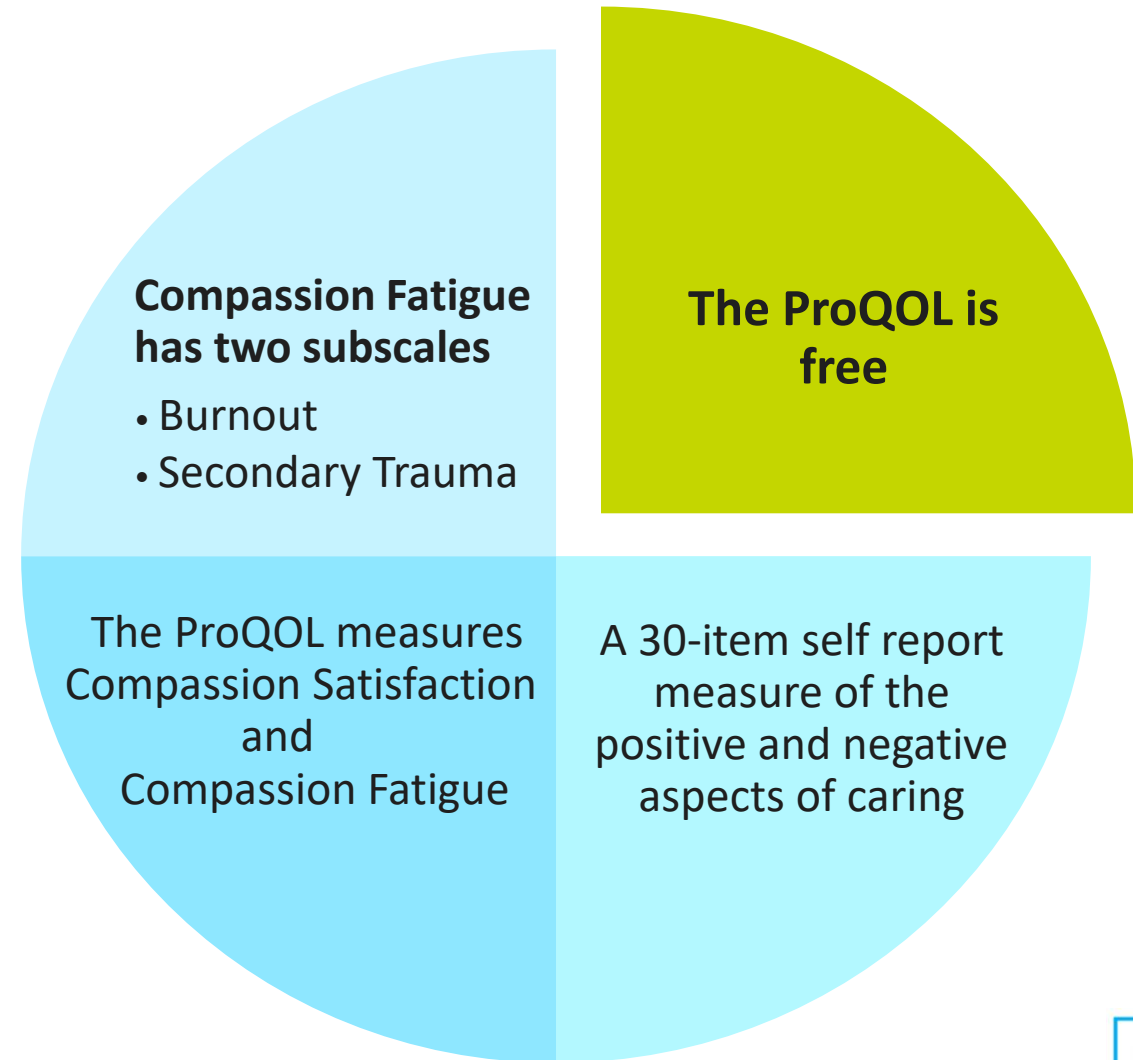
Multiple spheres

- Work environment
- Personal environment
- Previous situations
- Personality traits (Caregivers gonna care)



Measuring CS & CF:

*The Professional Quality
of Life Scale(ProQOL)*



Flexibility Planning

Individual, personally

The ProQOL can help you plan where to put your energy to increase our resilience

Organizational planning

Can help organizations find ways to maximize the positive aspects and reduce the negative aspects of helping

Supportive Supervision

The ProQOL can be used as information for discussions



So, Why Do We Do It?

- Who do I wanna be deep in my heart?
- When people describe me, I want them to say...
- When I am challenged and pushed to my limit, I want to be found doing what?
- Why is this important? Because if you don't know YOU, you won't know when you are in trouble.





The Art of Self-Compassion

Acknowledging your own suffering and responding kindly
Dr. Russ Harris' Six Elements of Self-Compassion

1. Acknowledging the Pain
2. Defusing from Self-Judgement (unhooking)
3. Acting with Kindness (Self-talk, Imagery, Self-touch, Self-Care)
4. Acceptance (Does not mean suck it up)
5. Validation
6. Connectedness (From thoughts of being alone, Engage with others)



Do What Matters

Learning STOP!



S Slow Your Breathing

T Take Note

O Open Up

P Pursue Your Values



MORE TIPS



Love, Work, Play, Health

- Eat well
- Sleep!
- Exercise
- Do fun things
- Nurture your primary relationships
- Seek reassurance
- Develop a routine
- Values-guided work
- Set boundaries when necessary

SEE A PROFESSIONAL ...
THE SOONER THE BETTER!



Being a Promoter of Self-Compassion



All of the things we discussed can help vulnerable populations, just like they can help us. In addition, we can do a little more.



The World Health Organization defines self-care (which we know is part of self-compassion) as being “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health-care provider.”



Being a Promoter of Self-Compassion



The WHO has specifically looked at self-care related to sexual health and reproduction. As it relates to people with HIV, STIs or Hepatitis, there are ways we can help people promote self-compassion through autonomy and empowerment.



You can advocate for global, self-guided screening/testing

- Self screening for HPV – early intervention; cancer prevention
- Self-collection of samples for STIs
- Self-testing for HIV- has some challenges, but also good benefits



Advocate for evidence-based treatment and harm-reduction as it relates to drug use that has a high chance of transmitting disease

- MAT
- Syringe Exchange Programs



Let's Rehash

Compassion
Satisfaction
good

Compassion
Fatigue bad

The ProQOL is
a tool that
can help you
determine if
you may have
CF

Practice the
Art of Self-
Compassion
which
includes
Self-Care

Seek help
if you need it
from a
qualified
professional



Resources

- B. Hudnall Stamm, 2009-2012. Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL).
www.proqol.org
- Harris, R. (2015). How to develop self-compassion in just about anyone. Retrieved from www.ImlearningAct.com.
- Strosahl, K., Robinson, P, & Gustavsson, T. (2012). *Brief interventions for radical behavior change: Principles and practice of focused acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications





QUESTIONS?

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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under #u10HA29296, AETC Program, \$2,943,253. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.